

EVERY DAY ASTHMA CARE

- With this daily routine I should aim to have no symptoms
- If I've not had any symptoms (or needed my reliever inhaler) for at least 12 weeks then I should ask my GP if I need to reduce my medications.

MY DAILY ASTHMA ROUTINE

- I need to take my preventer medication every day even when I am feeling well
- I take my reliever inhaler (usually blue) only when I need to – usually this will be 2 puffs (but can be up to 10) if:
 - I am wheezy
 - My Chest feels tight
 - It is hard to breathe
 - I am coughing

WHEN I FEEL WORSE

My asthma is getting worse if I experience any of these:

- My symptoms are coming back (wheeze, tightness in my chest, feeling breathless, cough)
- I am waking up at night with symptoms
- My symptoms interfere with my day to day life (e.g. work, exercise)
- I need my reliever inhaler three times a week or more

WHAT I CAN DO TO GET ON TOP OF MY ASTHMA NOW

1. If I haven't been taking my preventer medication I should start again regularly
2. If I have been using my preventer medication then, if my doctor has advised me to, I can increase it until my symptoms have gone.
3. Take my reliever inhaler as often as I need it (usually 2-10 puffs up to every four hours)

URGENT! Seek medical attention within 24 hours if you get worse at any time or if your symptoms have not improved within 7 days.

IN AN ASTHMA ATTACK

I am having an asthma attack if I experience any of these:

- My reliever inhaler is not working or I need it more than every 4 hours.
- I find it difficult to walk or talk
- I find it difficult to breathe
- I'm wheezing a lot, I have a very tight chest or I'm coughing a lot

WHAT TO DO IN AN ASTHMA ATTACK

1. Sit up straight – try to keep calm
2. Take one puff of your reliever inhaler (usually blue) every 30-60 seconds, up to a maximum of 10 puffs.
3. If you feel worse at any point OR you don't feel better after 10 puffs of reliever inhaler call 999 for an ambulance
4. Repeat step 2 after 15 minutes while waiting for an ambulance.

Seek medical attention within 24 hours after an asthma attack and if given any new medicines to take make sure you complete the course of treatment even if you are feeling better.